

Zuni Healthy Lifestyles February 2018 Community Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>National Heart Month</i> <i>Canned Food Month</i> <i>National Snack Food Month</i> <i>National Grapefruit Month</i> <i>National Hot Breakfast Month</i> <i>North Carolina Sweet Potato Month</i> <i>National Dental Month</i></p>	<p>February Commemoratives</p> <p><i>Bake for Family Fun Month</i> <i>National Cherry Month</i> <i>Great American Pies Month</i> <i>Potato Lover's Month</i> <i>Berry Fresh in the Sunshine Month</i> <i>National Boost Your Self-Esteem Month</i> <i>Women's Heart Health Month</i></p> 		<p>YOUR BODY DOESN'T CARE IF YOUR MIND ISN'T MOTIVATED.</p> <p>RESULTS ARE THE SAME WITH OR WITHOUT IT.</p> <p>JUST SHOW UP.</p> <p><small>© FITBlog.com</small></p>	<p>1 12pm Cardio Workout @ Fitness Place 5:30pm X-Fit Extreme @ Fitness Place</p>	<p>2 12pm Spinning Strength Ride @ Fitness Place 12pm 30min Ab Workout @ HLP</p>	<p>WHEN YOU FEEL LIKE QUITTING THINK ABOUT WHY YOU STARTED</p>
<p>LET EXERCISE BE YOUR STRESS RELIEVER, NOT FOOD</p>	<p>5 12pm Total Body Circuit @ Fitness Place 5:30pm Buns & Guns @ Fitness Place</p>	<p>6 10am Beginner's Buns & Guns @ Fitness Place 12pm Lower Body Strength @ Fitness Place 5:30pm Total Body Circuit @ Fitness Place</p>	<p>7 12pm Cardio Core Blast @ Fitness Place 12pm Grilled Shrimp over Zucchini Noodles @ HLP Transportation Provided 5:30pm MaxxFit @ Fitness Place</p>	<p>8 12pm Upper Body Strength @ Fitness Place 5:30pm SpinFlex @ Fitness Place</p>	<p>9 12pm Spinning Strength Ride @ Fitness Place</p>	<p>10 10am Zumba @ Fitness Place</p>
<p>TAKE PRIDE IN HOW FAR YOU'VE COME AND HOW FAR YOU CAN GO.</p>	<p>12 12pm Total Body Circuit @ Fitness Place 5:30pm Total Body Circuit @ Fitness Place</p>	<p>13 10am Beginner's Buns & Guns @ Fitness Place 12pm Lower Body Strength @ Fitness Place 5:30pm Beginner's Buns & Guns @ Lakeside Comm Ctr 5:30pm Buns & Guns @ Fitness Place 6pm Open Cardio @ HLP</p>	<p>14 12pm Cardio Core Blast @ Fitness Place 12pm Orange Chicken @ HLP Transportation Provided 5:30pm MaxxFit @ Fitness Place</p> 	<p>15 12pm Upper Body Strength @ Fitness Place 3:45pm Beginning Strength Training @ Fitness Place 5:30pm SpinFlex @ Fitness Place 5:30pm Chicken Marsala @ HLP (Transportation Available) 5-6:30pm Open Cardio @ HLP 6:30pm X-Fit Extreme @ Fitness Place</p>	<p>16 12pm Spinning Strength Ride @ Fitness Place 12pm 30min Ab Workout @ HLP</p>	<p>CREATE HEALTHY HABITS NOT RESTRICTIONS</p>
<p>COMMITMENT MEANS STAYING LOYAL TO WHAT YOU SAID YOU WERE GOING TO DO LONG AFTER THE MOOD YOU SAID IT IN HAS LEFT YOU.</p>	<p>In Observance Of</p>  <p>our offices will be closed</p>	<p>20 10am Beginner's Buns & Guns @ Fitness Place 12pm Lower Body Strength @ Fitness Place 5:30pm Zumba Mix @ Fitness Place 6pm Open Cardio @ HLP</p>	<p>21 12pm Cardio Core Blast @ Fitness Place 12pm Grilled Salmon @ HLP Transportation Provided 5:30pm Beginner's Buns & Guns @ TB Conf. Rm 5:30pm MaxxFit @ Fitness Place</p>	<p>22 12pm Upper Body Strength @ Fitness Place 3:45pm Beginning Strength Training @ Fitness Place 5:30pm SpinFlex @ Fitness Place 5:30pm Mediterranean Salmon @ HLP (Transportation Available) 5-6:30pm Open Cardio @ HLP 6:30pm X-Fit Extreme @ Fitness Place</p>	<p>23 12pm Total Body Circuit @ Fitness Place 12pm 30min Ab Workout @ HLP 5:30pm YLD Spinning @ Fitness Place 5:30pm YLD Zumba @ ZMS</p>	<p>24 10am YLD Walk/Run Event @ ZMS</p> 
 <p>Zuni Healthy Lifestyles 782-2929/2299 782-3091/3095</p>	<p>26 12pm Total Body Circuit @ Fitness Place 5:30pm Buns & Guns @ Fitness Place</p>	<p>27 10am Beginner's Buns & Guns @ Fitness Place 12pm Group Strength @ Fitness Place 5:30pm Zumba Mix @ Fitness Place 6pm Open Cardio @ HLP</p>	<p>28 12pm Cardio Core Blast @ Fitness Place 5:30pm Beginner's Buns & Guns @ TB Conf. Rm 5:30pm MaxxFit @ Fitness Place</p>	<p>IM NOT TRAINING FOR A 5K. IM NOT PREPARING FOR A COMPETITION. IM NOT TRYING TO SET A NEW RECORD. IM NOT TRYING TO IMPRESS YOU. IM SAVING MY LIFE.</p> <p>FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...IT'S ABOUT BEING BETTER THAN YOU USED TO BE.</p>		<p>Instructor Legend</p> <p>Rick Chasity Matt Tara Kevin G. Thomas Andrea</p>